

DINNERLY



Reduced-Carb Lamb Kofta with Cauliflower 'Rice' Pilaf



30 minutes



2 Servings

Combining lightness and loads of flavour, this pilaf is made by cooking grated cauliflower 'rice' with aromatic spices, toasted almonds and peas. It's excellent topped with juicy lamb kofta.

WHAT WE SEND

- lamb mince
- 10g kofta seasoning ¹⁷
- 250g cauliflower
- 1 spring onion
- 150g peas
- 20g slivered almonds ¹⁵

WHAT YOU NEED

- 1 small garlic clove
- 3 tsp olive oil
- 2 tbs mayonnaise ³
- 1 tsp white wine vinegar ¹⁷

TOOLS

- small saucepan
- box grater
- medium frypan
- small frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Egg (3), Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 575kcal, Fat 40.5g, Carbs 14.8g, Proteins 35.4g



1. Make kofta

Bring a small saucepan of water to the boil for the peas. Put the **lamb mince** and **half the kofta seasoning** in a bowl and season with **salt and pepper**. Using damp hands, combine well, then shape into 6 round kofta.



2. Prep ingredients

Coarsely grate the **cauliflower** with a box grater (see Make it faster). Thinly slice the **spring onion** on an angle. Crush **1 small garlic clove**. Add the **peas** to the pan of boiling water and cook for 2 mins. Drain. Meanwhile, put the **almonds** in a cold medium frypan over medium heat. Toast, tossing, for 3-4 mins until evenly golden.



3. Cook pilaf

Add **2 tsp olive oil** to the almonds and increase the heat to high. Add the **remaining kofta seasoning** and **three-quarters of the spring onion** and cook, stirring, for 30 secs or until fragrant. Add the **cauliflower** and cook, stirring, for 3 mins or until tender. Stir in the **peas**. Remove the pan from the heat.



4. Fry kofta

Heat **1 tsp olive oil** in a small frypan over high heat. Cook the **kofta**, turning occasionally, for 8-10 mins until browned and cooked through. Remove the pan from the heat.



5. Serve up

Combine the **garlic**, **2 tbs mayonnaise** and **1 tsp white wine vinegar** in a bowl and season with **salt and pepper**. Divide the **cauliflower rice pilaf** and **kofta** among plates. Drizzle with the **garlic mayonnaise** and scatter over the **remaining spring onion**. Enjoy!



6. Make it faster

To speed things up, process coarsely chopped cauliflower in a food processor using the pulse button until it resembles rice.